



Hello!



CAMBRIDGE FAMILY NEWS

from the Center for Families



Information, Support, & Activities for Families with Children Ages 0-8 Living in Cambridge



May-June 2015

Spring brings fresh flowers, green grass, warm days, and fun groups and events at the Center for Families! Check out **page 6** for all of Center for Families upcoming workshops and events.

Dads, be sure to check out **page 5** for lots of news and information for Dads and your kids!

Families, be sure to check out **page 7** for ways to stay connected with Center for Families ("like" us on Facebook and follow us on Twitter) and **page 8** for lots of fun community events happening this spring!

As we approach the ending of a successful school year, we would like to take a moment to thank everyone who helped the Center for Families with our programs! **A BIG THANK YOU to all the interns, volunteers, staff, partner agencies, and amazing families** who helped make this another fantastic year!

Please note, Family Fun Day will be July 18th behind in the Peabody School from 10am-1:30pm. More information to come!

Lastly, check our **summer schedule** on **page 2**. Happy Summer!

Up Coming Events!

Dads & Kids at the Gym	5/2
Discovery Groups Begins!	5/4
FCCF Meetings	5/6 6/10
Discussion & Craft Activity for Mothers	5/8 6/5
FCCF: The Bids & The Bees	5/15
PJ StoryTime	5/27 6/24
StoryWalk	5/29
Movement & Yoga	5/30 6/13
Arts in the Park	6/19
Hoops N' Health	6/20

Friends of the Center for Families: Save the Date!



Friends of the Center for Families invites you to the 2nd Annual The Bids & The Bees, a fundraiser for the Center for Families on **Friday, May 15th 7:00-10:30 pm at the Center for the Arts at the Armory (191 Highland Ave., Somerville, MA).**

This event is just for the grown-ups and will feature delicious local food, an incredible silent auction, music, and a spelling bee with the chance to win some great prizes.

Buy your tickets on our website (www.friendsofthecenterforfamilies.org) before the event and save!

Discovery Group



Looking for something fun to do Monday Afternoons with your 5-8 year olds?

Come join the Center for Families from **3:30-4:30** at our **Discovery Group!** We'll bring lots of fun activities and games for kids to learn about math, science, space, and more!

Jefferson Park Head Start (280 Rindge Ave.): 5/4, 5/11, 5/18, 6/1, 6/8*

*6/8 group will be lead by a guest scientist!

Children must attend with their parent or family member and no children under the age of 5 may attend the group.

If you have any questions, please feel free to contact Cynthia at cwoodward@cambridgema.gov or call 617-349-6327.

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The Center for Families is located at 70 Rindge Ave, in the rear of the Peabody School. It is near the Davis Square and Porter Square T stops, and can be accessed by the 77 and 83 buses.

SPRING PLAYING AND LEARNING ACTIVITIES!

Here are some fun spring activities that you and your child can do together!
Call Cynthia at (617) 349-6327 to submit ideas for our next newsletter!

Warm Weather Fun!



Obstacle Course

Make an obstacle course using objects you have around the

house. Have your child jump over a rope or string laid across the floor, crawl under a chair or table, and walk up a stool or step. The gross motor activities in an obstacle course help your child's muscles to develop.

Water Play

Water play can be a fun and relaxing activity for children. All you need is a storage bin and some water!



You can do many things with water play, like providing cups for filling and dumping or objects that sink or float. You can ask older children about which objects sink and

which objects float. You can fill and dump different sized cups and talk about the concept of full and empty or fill cups to different depths and ask which one has more water. You can also use this time for imaginary play by providing dishes and sponges or babies to be washed. Fill the tub with different objects each time and watch how your child plays!



Painted Rocks

Invite your toddlers on a walk to gather large, smooth rocks. Then set out small containers of liquid tempera paint and paintbrushes. Let the children paint their

special rocks however they wish. As they work, talk about the texture and color of the rocks. Painted rocks can decorate the garden, become a present for a special friend, or get washed and painted again.

Kite

Make a kite with your child using construction paper or tissue paper, popsicle sticks, and string. On a windy day, take it outside and see if it will fly. Talk to your child about how the wind feels. What else will blow in the wind? Check out ways to make kites here: <http://kids.nationalgeographic.com/kids/activities/crafts/kite-craft/>



Nature Walk

Go on a nature walk. In a bag collect leaves, sticks, flowers, rocks...whatever you find! Talk about what animals you see and hear. Name the colors of the things around you. When you get home, glue the found objects on a piece of paper and make a nature collage!

Center for Families 2015 Summer Park Playgroup Schedule

Park Drop-in playgroups are for Cambridge families with children ages 0-5. Come have some special time with your children and chat with other parents and the Center for Families staff. We will have different fun activities and games to share as a group! Questions? Call the Center for Families at 617-349-6385.

Mondays

- *Silva Park*, Otis St. & Sciarappa St., 10:00-11:30am
- *Hoyt Park*, Gilmore St., 10:00 -11:30 am
- *Infant Playgroup* (15 mos and under) Center for Families, 70 Rindge Ave. (rear, door 10), 12:30pm-2:30pm *Indoor

Tuesdays-

- *Russell Field/Fresh Pond Apartments*, 10:00-11:30am. This group will meet at the park across the street from 364 Rindge Ave. (next to the McCrehan Pool).
- *Infant Playgroup* (15 mos and under) Margaret Fuller Neighborhood House, 71 Cherry St. (grey door on the right side) 12:30pm-2:30pm *Indoor

Wednesdays

- *Bergin Park*, Haskell St., 10:00-11:30 am
- *Glacken Playground*, 633 Huron Ave., 10:00-11:30am

Thursdays-

- *Newtowne Ct.*, Windsor St., 10:00-11:30am

Reminders:

- All indoor Drop-in Playgroups and Babytime Playgroups end the week of June 8th
- All Summer Park Playgroups and Babytime Playgroups (indoor) begin the week of July 6th
- Summer Park Playgroups and Babytime Playgroups (indoor) end the week of August 17th
- Indoor Drop-in Playgroups and Babytime Playgroups will begin again the week of September 7th

PLAYING AND LEARNING ACTIVITIES

Help us all stay healthy! Please stay home if you or your child has had a fever, chronic cough, has thrown up or had diarrhea within 24 hours of activities. We want to make sure everyone stays germ-free!

We bring toys, activities, singing, and snacks; you bring the kids and the fun. Children play and learn with their parents, caregivers, and other children. The routines and activities help children grow and get ready for school. Bring your children (0-5), and come play with us. Parents or caregivers stay and play with the children. You don't need to sign up for these groups, just come when you want. **For more information or questions, call Lucy at 617-349-6967.**

Drop-In Playgroup Schedule!

(Groups run until June 11, 2015)
(No groups on: 5/13, 5/25, 6/3)

Parent Groups

Mondays

Infant Playgroup (15 mos and under)*
 Center for Families, 70 Rindge Ave. (door 10), Bus Routes 77&83
 12:30-2:30 pm

Tuesdays

Fresh Pond Apartments, 364 Rindge Ave. (Community Room)
 Bus Route 83 or Alewife Station
 10:00-11:30 am

Infant Playgroup (15 mos and under)* Margaret Fuller
 Neighborhood House, 71 Cherry St. (use the door on the right
 side of the building) Bus Routes 1, 69 and Central Square T
 12:30-2:30 pm

Wednesdays

Gately Youth Center-Gym**, 70 Rindge Ave. (back of Peabody
 School), Bus Routes 77 & 83
 10:00-11:30 am
 Area IV Youth Center, 243 Harvard St., Bus Routes 69,83 & 91
 10:00-11:30 am

Thursdays

Cambridge Community Center, 5 Callendar Street, Bus Route 70
 10:00-11:30am

Please note:

*Please attend **either** Monday or Tuesday Infant Group
 **The Gym groups are for physical activities, no arts or snacks

Family Childcare Providers and Nanny Groups

Mondays

Moore Youth Center-Gym*, 12 Gilmore St., Bus Route 70
 10:00 –11:30 am

Tuesdays

Area IV Youth Center, 243 Harvard St., Bus Routes 69, 83 & 91
 10:00-11:30am

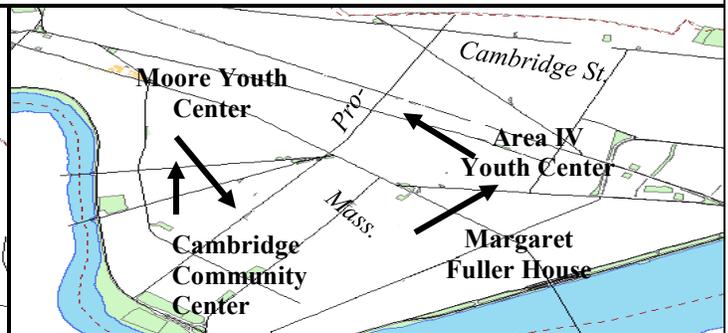
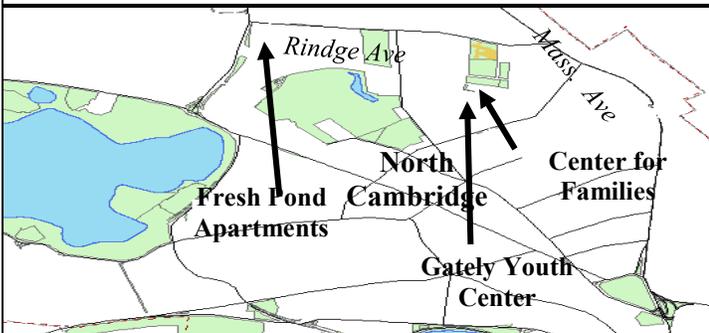
Thursdays

Center for Families, 70 Rindge Ave. (Peabody School, in the
 afterschool room), Bus Routes 77 & 83
 10:00-11:30 am

Note: Due to space concerns, we will be limiting group to first 26
 children & their providers who arrive

Please note:

*The Gym groups are for physical activities, no arts or snacks



**Maps are designed to give parents and caregivers a better sense of playgroup locations and are an approximation of where groups are **

Center for Families Drop-In/Events Calendar: May-June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					May 1 	2 Dads & Kids at the Gym 10:00-11:30 Puppet Program Series 10:00-12:00
3	4 Moore* 10:00-11:30 CFF Babytime 12:30-2:30 Discovery Group 3:30-4:30	5 364 10:00-11:30 Area IV* 10:00-11:30 MFNH Babytime 12:30-2:30	6 Gately 10:00-11:30 Area IV 10:00-11:30 Parenting Journey Series 6:15-8:15 FCFF Meeting 6:30-8:00	7 CCC 10:00-11:30 CFF* 10:00-11:30 Baby Sign Series 11:00-12:00	8 Mothers' Discussion & Craft Activity 10:30-12:00	9 Puppet Program Series 10:00-12:00
10	11 Moore* 10:00-11:30 CFF Babytime 12:30-2:30 Discovery Group 3:30-4:30	12 364 10:00-11:30 Area IV* 10:00-11:30 MFNH Babytime 12:30-2:30	13 No Groups. Parenting Journey Series 6:15-8:15	14 CCC 10:00-11:30 CFF* 10:00-11:30 Baby Sign Series 11:00-12:00	15 FCFF: The Bids & The Bees 7:00-10:30pm	16
17	18 Moore* 10:00-11:30 CFF Babytime 12:30-2:30 Discovery Group 3:30-4:30	19 364 10:00-11:30 Area IV* 10:00-11:30 MFNH Babytime 12:30-2:30	20 Gately 10:00-11:30 Area IV 10:00-11:30 Baby Massage MFNH 12:30-1:45 Parenting Journey Series 6:15-8:15	21 CCC 10:00-11:30 CFF* 10:00-11:30 Baby Sign Series 11:00-12:00	22	23 
24	25 Memorial Day. CFF Closed. 	26 364 10:00-11:30 Area IV* 10:00-11:30 MFNH Babytime 12:30-2:30	27 Gately 10:00-11:30 Area IV 10:00-11:30 Baby Massage MFNH 12:30-1:45 Parenting Journey Series 6:15-8:15 PJ Storytime 6:45-7:30pm	28 CCC 10:00-11:30 CFF* 10:00-11:30 Baby Sign Series 11:00-12:00	29 StoryWalk 5:30-7:00pm 	30 Movement & Yoga 10:00-11:00 Fresh Pond Day 11:00-3:00 
31	June 1 Moore* 10:00-11:30 CFF Babytime 12:30-2:30 Discovery Group 3:30-4:30	2 364 10:00-11:30 Area IV* 10:00-11:30 MFNH Babytime 12:30-2:30	3 No Groups. Baby Massage MFNH 12:30-1:45 Parenting Journey	4 CCC 10:00-11:30 CFF* 10:00-11:30	5 Mothers' Discussion & Craft Activity 10:30-12:00	6
7	8 Moore* 10:00-11:30 CFF Babytime 12:30-2:30 Discovery Group Finale 3:30-4:30	9 364 10:00-11:30 Area IV* 10:00-11:30 MFNH Babytime 12:30-2:30	10 Gately 10:00-11:30 Area IV 10:00-11:30 Baby Massage MFNH 12:30-1:45 FCFF Meeting 6:30-8:00	11 CCC 10:00-11:30 CFF* 10:00-11:30 Last day of drop-in groups. Summer Park groups begin week of 7/6. See page 2 for schedule.	12	13 Movement & Yoga 10:30-11:30
14	15	16	17 Baby Massage MFNH 12:30-1:45	18	19 Arts in the Park 10:00-11:30	20 Hoops N' Health (see page 5)
21	22	23 	24 PJ Storytime 6:45-7:30pm	28	29	27
28	29	30	July 1	2	3 CFF Closed.	4  Fourth of July!

*Provider only groups

FATHERS' CORNER

Luis Vasquez!



Luis Vasquez is the Center for Families and the Agenda for Children Literacy Initiative **Father Outreach Worker**. Both agencies have jointly hired him part-time to serve our Cambridge dads!

You can receive updates from him about Dads Events/ Workshops/Resources/ Playgroups & Activities for Dads as well as events for the whole family. Just for you to know, when we say "dads" we are also referring to step dads, grandfathers, uncles or any males who are playing an active role in a child's life.

His email is lvasquez@cambridgema.gov. Feel free to contact him with any questions!

Dads & Kids at the Gym



Come have fun at the gym playing and meeting other dads and their children. We will have food and fun gym toys for all ages. Yes, also for babies!

Saturdays, May 2 at the Gately Youth Center, 70 Rindge Ave. (behind Peabody School, door 13), 10:00-11:30am
Facilitators: Michael Clontz and Luis Vasquez

To sign up or for more information, contact Luis Vasquez at 617-349-6385 or lvasquez@cambridgema.gov.

Hoops N' Health

Saturday June 20th, 10am to 8pm
The health fair will take place from 12 p.m. to 5 p.m.
Rain date: June 27, 2014
Hoyt Field (Gilmore St. & Western Ave.)

Featuring:

- Men's basketball and football tournaments
- Free food
- Health fair
- Kids' games
- Live entertainment
- Prizes

And more!

For more information, please contact Richard Harding at 617-665-3769 or rharding@challiance.org.

Cambridge Dads on Social Media



Building an online network of Dads to promote active parenting and self-care. An initiative of the Center for Families and the Agenda for Children Literacy Initiative.

Follow **@CambDads** on Twitter

'Like' **Cambridge Dads** on Facebook

Get connected today!

Fatherhood Text Campaign



Join the Center for Families Fatherhood Text Campaign!

Receive a text once a week about fatherhood, events, and activities to do with your kids in and around Cambridge.

Step 1: Text "father" to 95577
(standard text messaging rates apply)

Step 2: Receive a confirmation text

Step 3: Keep Being A Great Dad!

Upcoming Workshops, Classes & Events

Workshops and Events

Movement & Yoga for Parents & Children

Saturday, May 30th, 10:00-11:00am and June 13th, 10:30-11:30am, Center for Families, 70 Rindge Ave.

A movement-based class for parents and children ages 4-8 years old, where they do relaxing exercises and yoga together. Please wear comfortable clothes. **To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

StoryWalk!

Friday May 29th, 5:30pm-7:00pm, Donnelly Field (behind King Open School, between Willow and Berkshire)

Come join us, the Agenda for Children, and the Cambridge Public Library for FREE pizza, books, arts & crafts, and entertainment while walking and searching the pages of a book! **No need to register, just come! Call 617-349-6385 with questions.**

Pajama Story Time

Wednesdays, May 27th and June 24th, 6:45pm-7:30pm, O'Neill Library (70 Rindge Ave.)

Come to the library to listen to stories, read with your children, and have a snack before bed. Feel free to come dressed in your favorite pajamas! There will be FREE book giveaways. **No need to register, just come! Call Cynthia at 617-349-6327 with questions!**

Arts in the Park!

Friday, June 19th, 10:00am-11:30am

GreeneRose Heritage Park, 155 Harvard St.

Children ages 2-8 and their families are invited to join the Center for Families for a fun morning of listening to stories and doing arts & crafts. **No need to register, just come! Call Cynthia at 617-349-6327 with questions!**

Baby Sign

"4 week series for babies 6 months to pre-verbal"

Thursdays, May 7th, 14th, 21st, 28th, Margaret Fuller Neighborhood House, 71 Cherry St., 11:00-12:00

Learn how to reduce frustration and help give your pre-verbal baby/child a means of self expression before he/she speaks. Research suggests that signing helps to enhance early literacy skills as well as accelerates spoken language too. Each week we will learn and use several signs and watch our babies enjoy grasping this new language. Sheryl White has been teaching these programs and working with families for 14 years. She is a Certified Infant Massage Instructor, Baby Signer, Reiki Master and mother of three. **Class limited to 12 families. To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**



The Center for Families' Family Fun Day will be on **Saturday, July 18th** in the field behind the Peabody School (70 Rindge Ave.) from 10am-1:30pm! **More information to come! Call CFF at 617-349-6385 with questions!**

Discussion and Craft Activity for Moms



Join us and other moms as we talk about parenting while doing a relaxing craft activity. There will be childcare available and lap babies are welcome. *Christine Doucet and Fran Roznowski will direct the activity.*

Fridays, May 8th and June 5th

10:30 am—12:00pm

Center for Families, 70 Rindge Ave. (back of the Peabody)

Activities:

May-ID Bracelets for Children

June-Yummy Smoothies!

To register contact Christine at 617-349-3003 or

cdoucet@cambridgema.gov.

Infant Activities



BABYTIME: Caring, Playing, Nurturing

(parents/caregivers with infants 0-15 months)

Informal groups for parents or caregivers with infants. They are an opportunity to connect with other adults, ask questions, and relax while babies explore the playroom. Christine will lead a short

sing-a-long.

Mondays 12:30 - 2:30 pm—Center for Families, 70 Rindge Ave., enter in the rear, door 10.

Tuesdays, 12:30 - 2:30 pm- Margaret Fuller Neighborhood House, 71 Cherry St., grey door on the right side of the building.

Contact Christine at 617-349-3003 or cdoucet@cambridgema.gov with questions. No registration required. Please choose only one group to attend per week.

Baby Massage/Nurturing Touch & Infant

Development Series (based on WINC without borders material and curriculum)

Wednesdays, May 20th, 27th, June 3rd, June 10th, and 17th, 12:30-1:45pm, Margaret Fuller Neighborhood House, 71 Cherry St.

Massaging your baby and growing child helps you develop a strong relationship with your baby. The discussion topics are designed to support you in your parenting. Also, this series might help your baby to have less gas and constipation, relax better and cry less, and sleep longer.

To register contact Christine at 617-349-3003 or

cdoucet@cambridgema.gov.



Did you know? For breastfeeding information, contact the Doula Program at the Cambridge Health Alliance at 617-665-1164. For more infant programming, contact the Jewish Family & Children Services-at Temple Eitz Chayim at 781-693-5652.

CENTER FOR FAMILIES NEWS

Friends of the Center for Families



Hello Parents, Guardians, Grandparents, Family Childcare Providers, Child Care Workers & Others!

Who we are: A diverse group of dedicated Cambridge Mothers, Fathers, and caregivers working together to support the Center for Families. We are thankful for this wonderful program, the parenting workshops, playgroups, Family Fun Day events, and many other activities. The staff of the Center are amazing and the door is always open for families. For these reasons, we come together once a month to talk, plan, share, laugh, and have fun while offering support for this fantastic program.

Next Meetings: Wednesdays May 6th and June 10th

Time: 6:30-8:00pm

Where: 70 Rindge Ave. (enter in rear of school, door 10)

Light snacks available. Childcare provided upon advanced request.

Save the Date!

Friends of the Center for Families invites you to the **2nd Annual The Bids & The Bees on Friday, May 15**. Join us for a fun evening out just for the grown-ups. Proceeds from the event will go to help fund programs at the Center for Families. For more information, learn about ways to get involved and to purchase tickets, go to www.friendsofthecenterforfamilies.org.

Free Pool Passes for Participating Families!



The Center for Families has limited 1-time family passes for the **Atlantis Sports Club & Spa**. Passes are for participating families.

To use the passes, you must live in Cambridge and currently attend at least one of our playgroups or have come to a workshop or event hosted by the Center for Families in the last 6 months.

The passes will allow FREE admission to the Atlantis Sports Club & Spa (use of the pool included) located at 575 Memorial Drive, Cambridge (located inside the Hyatt Regency).

For more information, contact Lucy at 617-349-6967 or lhernandez@cambridgema.gov.

Stay connected with the Center for Families

We have lots of ways for you to **stay up-to-date** on Center for Family programs!

- Subscribe to our **Google Group Listserv** and get updates and connect with other parents. To be added to the listserv call (617) 349-6327 or email cwoodward@cambridgema.gov.
- Follow us on **Twitter** @cntforfamilies
- Friend us on **Facebook** at <http://on.fb.me/xzNyXs>
- Check out our **website**: www.cambridgema.gov/dhsp/cff
- Fatherhood Text Campaign. Text "father" to 95577



Also, please fill out a **Center for Families Registration Form** to be on our mailing list. Registration forms are at our office, playgroups, events, or on our website.

Caught in the Act!

At the **Center for Families**, we are privileged to have such a wonderful and talented team of part-time Playgroup Leaders/ Outreach Workers.



This spring, we would like to recognize **Gardie Emilar** for her dedication, warmth, and resourcefulness.

The Center for Families is lucky to have you, Gardie! If you see Gardie in groups or events, be sure to congratulate her on being **"Caught in the Act!"**

Help in a Bag!



The Center for Families now offers resource bags on children's hitting & biting, fun with language, and transitioning to childcare, preschool or kindergarten. Each bag is filled with books for toddlers and preschoolers as well as articles and resource lists, including websites for parents.

If you are interested in borrowing any of the resource bags or have any questions, please contact Lucy at 617-349-6967 or lhernandez@cambridgema.gov.

COMMUNITY INFORMATION

Fresh Pond Day



8th Annual Fresh Pond Day!
Saturday, May 30th 11am-3pm. Festivities around the Water Treatment Facility (250 Fresh Pond Pkwy)!

Join us in celebrating the land, water, wildlife and people that make Fresh Pond Reservation a unique and vital part of our City! The festivities will feature bicycle and wildlife parades (for all ages!), live music, kids' activities, live wildlife demos by MassAudubon, water treatment, restoration project and nature tours; truck climb-boards; free etiquette clinics for dogs; and more! **Dogs are welcome but must be leashed at all times (Cambridge dogs included).** For those arriving by car: **plan on parking at the Tobin School (197 Vassal Lane).** There are plenty of green transit options: the bikeway, bus routes 72, 74, 75 & 78; and Alewife T Station.

Get your sun-boogie on: rain cancels! For full schedule, weather updates, and volunteering info, check out: <http://ow.ly/LUJL3> on the CWD website or contact Kirsten at (617) 349-6489, klindquist@cambridgema.gov.

Title I: Kickoff to Summer Literacy Night And Annual Ice Cream Night



Thursday, May 21, 5:00-7:00 p.m. at Fletcher Maynard Academy, 225 Windsor Street

Come make an ice cream sundae and then participate in hands-on activities that you can have fun repeating at home over the summer! Many everyday activities promote conversation, connect with math and science and help to develop critical thinking skills! **For All Families with Children Pre K to Grade 5 in Cambridge Public Schools.** To register, call Debbie Bonilla at 617-349-6492 or email dbonilla@cpsd.us.

Ask Jayne!

Looking for information about child care, the wait list, vouchers, kindergarten, after-school, early intervention, special education and more?

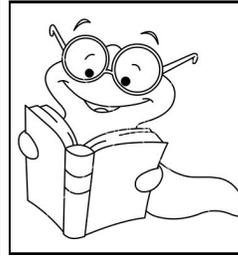
Please contact Jayne Cantor at 617-349-6086 or by emailing Jayne at jcantor@cpsd.us.

Information from Fran!

Fran Roznowski is the Early Childhood Specialist for the Center for families. Fran is available to meet with you in person or on the phone to discuss topics, such as limit setting, biting, toileting, sibling rivalry, and more. Fran can observe your child during the Center for Families' playgroups and then meet with you.

If you have questions or concerns about your child's physical, social-emotional or language development, contact Fran at 617-349-6485 or froznowski@cpsd.us.

Pathways to Family Success



- Do you have a child who is in grades kindergarten to 3rd grade?
- Is English not your first language?

If you answered yes to these questions, then Pathways to Family Success could be for you!

Pathways is a support program that works with immigrant parents of school age children to better understand the U.S. School system, help support your children's learning and connect to community resources to help you and your family succeed. **For more information, contact Beth at 617-665-3827.**

Agenda for Children Let's Talk

Small Talk. Big Change.

Did you know? Simply talking with babies, toddlers, and preschoolers during everyday activities prepares them for school...years later! How? Talking develops young brains and builds vocabulary, making it easier to learn how to read.

Let's Talk! is a free early literacy program in Cambridge that offers services for moms, dads and child care providers – including workshops, literacy home visits, and fun family events.

For tips and resources on ways to support young children, connect with Let's Talk! at: www.letstalkcambridge.org, on Facebook (facebook.com/LetsTalkCambMA) and Twitter ([@LetsTalkCambMA](https://twitter.com/LetsTalkCambMA))!



lets talk!

COMMUNITY RESOURCES

Adult Education

- **Cambridge Employment Program:** Provides free assistance to Cambridge residents looking for work, career counseling, help with resumes/cover letters, using a computer/internet to help with job searches, and interviewing. Please call 617-349-6166 or stop by 51 Inman St, 1st floor.
- **Cambridge Community TV:** Offers free weekly computer drop-in programs to members of the community. There is no need to sign-up. For more information, please call 617-661-6900.
- **Asian American Civic Association:** Next Steps Transitional English program is a free English class for people who have an intermediate-high level of English. For more information, call 617-426-9492 x251 or x318.
- **Community Learning Center (CLC):** Offers ESOL Family Literacy classes for parents to help them develop their English skills and provide literacy support to their children. Contact Bayyinah Pandolfo at 617-349-6371 for more information and to hear about current openings.

Childcare, School & Support

- **Department of Human Service Programs (DHSP):** Runs programs for children and families, including Preschool and School-Age Childcare, Community Schools, and Youth Centers around the City. For information, call 617-349-6200 or visit www.cambridgema.gov/DHSP.
- **Family Resource Center (FRC):** For information about the Cambridge Public Schools registration and waitlists, call 617-349-6551 or the Multilingual voice mail at 617-349-6550 (Portuguese, Haitian Creole, Spanish).
- **The Guidance Center:** Provides an array of services to help children and families cope with developmental, mental health, social and behavioral

difficulties. Call (617) 354-2275.

- **Are you ready to be a parent or have a newborn baby?** Attend a Happiest Baby Class and learn how to soothe even the fussiest baby in minutes! Call 617-575-5343
- **Jewish Family & Children Services:** Located at Temple Eitz Chayim. Parents with babies support group runs Thursdays from 10:00-11:30 at 134-136 Magazine St. Cambridge. Call 781-693-5652 with questions.
- **East End House (105 Spring St., Cambridge):** Holds FREE drop-in family playgroups every Tuesday from 10am-11:30am for children ages 0-5. Arts, games, puzzles, stories, and light snack provided. Call 617-876-4444 for more information or visit www.eastendhouse.org.
- **Doula Support Program:** The Doula Program at the Cambridge Health Alliance offers groups for new parents. Bring your baby and relax. Groups are open to all new parents. Call 617-665-1164 for info.

Food & Clothing

- **The Cambridge Food Pantry Network:** Provides food and information about food pantries to families around the city such as the Margaret Fuller House and the East End House, call the Cambridge Economic Opportunity Committee (CEOC) at (617-868-2900).
- **The Children's Clothing Exchange:** A program of Solutions At Work. The Exchange takes children's clothes in good condition to trade for other clothes or equipment. Call for information: 617-576-0039.
- **The Somerville/Cambridge WIC Program:** Provides nutrition education, breastfeeding support, and nutritious food for pregnant women, infants, and children up to age 5. For more info. call the WIC at Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-575-5370.

Housing

- **The Cambridge Multi-Service Center:** Provides housing information and assistance to families from Cambridge who are or are at risk of becoming homeless. Call 617-349-6340.

Special Needs Services

- **Cambridge-Somerville Early Intervention:** Provides developmental services for children under age three at risk for developmental delays. If you are concerned about your child's development, call 617-629-3919
- **Eliot Community Health Services:** Eliot Cambridge/Somerville Early Intervention Program now offers early intervention services to families living in Cambridge/Somerville. Call 339-227-1020
- **Cambridge Special Start:** Provides developmental screenings for children ages 3 & 4. For more information, call Jeannie Parkus at 617-349-3252.
- **The Cambridge Program for Individuals with Special Needs:** Serves people with special needs from school age to adults. There is a Saturday morning recreation program. Call 617-349-6200
- **Cambridge Commission for Persons with Disabilities:** Provides information and referrals to individuals with disabilities and their families on all kinds of disability and access issues. Call 617-349-4692 or see <https://www.cambridgema.gov/DHSP/programsforadults/ccpd.aspx>

The Cambridge Somerville Resource Guide has listings for more services in the community at www.cambridgesomervilleresourceguide.org.

If you are not able to find what you want, call the Center for Families at 617-349-6385.

CENTER FOR FAMILIES STAFF

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The Center for Families has staff members who speak: Amharic, Bangla, Persian/Farsi, French, Italian, Portuguese, Haitian-Creole, Hindi, Pashto, Spanish, Urdu, and Vietnamese.

Main Office

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The Center for Families serves families of children 0-8. Activities are open to all Cambridge residents.



a children's trust program



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